

VEGETARIAN HIGH PROTEIN WEIGHT LOSS CHART

Optimal fuel for muscle retention and fat loss

Food Item	Serving Size	Protein (g)	Calories
Plant Proteins & Legumes			
Tempeh (Steamed)	100g	19g	190
Seitan (Wheat Gluten)	100g	25g	145
Lentils (Cooked)	1 cup	18g	230
Edamame (SHELLED)	1 cup	17g	188
Dairy & Eggs			
Greek Yogurt (0% Fat)	170g	17g	100
Cottage Cheese (Low Fat)	1/2 cup	14g	80
Egg Whites	3 large	11g	50
Whole Egg	1 large	6g	70
Seeds, Nuts & Grains			

Food Item	Serving Size	Protein (g)	Calories
Hemp Seeds	3 tbsp	10g	166
Pumpkin Seeds	28g	9g	158
Quinoa (Cooked)	1 cup	8g	222
Peanut Powder (Defatted)	2 tbsp	8g	50

**Values are approximate. Focus on high-volume, low-calorie density for weight loss.*